



## COMPETENT TO THE CORE



Senior Airman Chris Sandefur, (left) 509th Security Forces Squadron, conducts security searches.

Photo by Airman 1st Class Ryan Wilson

## Wing practices wartime capabilities during GenEx

By 2nd Lt. Mary Olsen  
Public Affairs

The 509th Bomb Wing tested its wartime capabilities this week as it participated in a generation exercise here to support missions for U.S. Strategic Command.

The purpose of this GenEx was to exercise the wing's battlestaff operations plans and wartime commitments, and to test the combat ability of the wing to move from peacetime to war, said Maj. Bart Oaks, 509th Bomb Wing plans office.

"It's important that we participate in these types of exercises so that if we ever do it for real, we will be prepared," Major Oaks said.

The wing kicked off the exercise with a 100 percent recall on Saturday. Lt. Col. Paul Tibbets, 509th Bomb Wing director of staff and battle staff director, said it's important to test this aspect of an exercise because some real-world situations may require dissemination of critical information in a timely and orderly manner.

"This is a perfect opportunity to exercise our ability to quickly and methodically recall the entire bomb wing," Colonel Tibbets said. "In certain circumstances we may have prior warning that tensions are escalating somewhere in the world and a recall may be forthcoming, but at other times a crisis may require immediate attention."

Weeklong preparation also included exercising the mobility process and its necessary procedures for responding to a contingency tasking, said Maj. Carlos

Camarillo, 509th Logistic Readiness Squadron commander.

"As an expeditionary force, we are expected to be able to rapidly deploy anywhere in the world — the mobility process ensures we can," Major Camarillo said.

"Our core competencies of global mobility and agile combat support reflect that mission. No

matter what AFSC you have, readiness is everyone's mission."

Major Camarillo said the wing responded in an outstanding manner to the taskings, but regular participation in exercises will help members improve the process for the future.

"As in most things — the more you practice, the better and more comfortable you become at doing it," he said.

This exercise was no exception to testing the importance of teamwork, Colonel Tibbets said. Nearly every unit in the wing had an important role. Whether it was individual squadrons standing up unit control centers, security forces troops and security forces augmentees from various units protecting the base's assets, logistics experts spinning up the deployment machine, medics, engineers, firefighters, and the list goes on, Colonel Tibbets said.

"It takes a combined effort from every 509er to successfully execute our mission," he said.

The wing finished the exercise with Bomber Strategic Aircraft Recovery Team operations. Two B-2s taxied to the S-6 alert facility and four flew Thursday morning as a conclusion to the GenEx.

Major Oaks said the wing has set a precedent on its ability to perform throughout the week.

"This has been a very complicated exercise and the wing has been up to the challenge," he said.

The 509th BW participates in generation and deployment exercises twice a year. The next GenEx is scheduled for

"This is a perfect opportunity to exercise our ability to quickly and methodically recall the entire bomb wing. In certain times we may have prior warning ... other times a crisis may require immediate attention." — Lt. Col. Paul Tibbets, 509th Bomb Wing director of staff April 2006.



Photo by Airman 1st Class Ryan Wilson

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Photo by Staff Sgt. Neo Martin

Above: B-2 takes off from the runway signifying the end of the week-long generation exercise. Left: Airman 1st Class Steven Stuart, 13th Bomb Squadron, keeps a vigilant watch at his post during the generation exercise.

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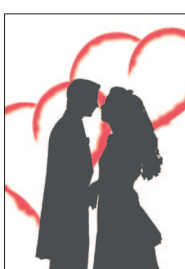
Putting skills to the test 509th CES members will represent ACC at firefighter competition.

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SPIRIT TIMES

Whiteman Air Force Base, Mo.

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For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at:  
509th BW/PA, 509 Spirit Blvd. Ste. 111  
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Air Force Quiz

What high school did 1st Lt. George Whiteman, whom this base is named for, graduate from? (See answer below)

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Smith-Cotton High School  
in Sedalia, Mo.

Air Force Quiz answer

Commander's Corner



Photo by Tech. Sgt. Mat Nisotis

A B-2 takes off from the flightline Thursday morning during the finale of the 509th Bomb Wing's weeklong generation exercise.

Our most powerful weapon: all of you

By Brig. Gen. Chris Miller  
509th Bomb Wing Commander

SHARPENING THE SWORD.

Whiteman is on the tip of the spear for America's Air Force. On "night one" of military operations, we can count on combatant commanders calling on the B-2 to penetrate deep into enemy territory and strike key targets.

We will "knock down the door" and help eliminate enemy defenses, so that other forces can get in and do what they're trained to do. As first responders to the battlefield, we have a special responsibility to be ready to go.

That's why we had a wing exercise this week: if you don't work out, you don't stay fit. We found a few things to work on but that's what an exercise is for. By practicing the generation of a large part of our fleet, we ensure the

Wing can respond to the taskings our senior leaders might give us in wartime.

During this exercise I saw many of you working hard, taking the initiative and "thinking outside the box" — doing your part **smartly** and **safely**. Well done! Whether figuring out smarter ways to conduct a wing-wide recall, developing new tools to improve communication between B-2 maintainers and pilots, or just doing your basic job with skill and energy, your work helped increase our capabilities.

The most powerful weapon we have is not the B-2, it's you. Keeping our edge, making sure we can support, maintain and employ the B-2 to its full capability — it's important, and you did well.

**HALLOWEEN SAFETY.** Trick-or-Treat is a lot of fun for many adults and kids, but it's a time when drivers and

parents need to be extra-careful. Please — be extra vigilant as you drive, and if you're a parent, take the time to supervise your kids' trick-or-treat activities! Both Services and our base chapel have some great activities for families this weekend — enjoy!

**EIGHTH FORCE COMMANDER VISITS.** This week, Lt. Gen. Kevin Chilton visited Whiteman. As the commander of our numbered Air Force and a joint force commander under US Strategic Command, he's responsible for many aspects of our wartime mission and peacetime training.

It's important that he see how we do our jobs, and I proud of you — he was truly impressed with the professionalism and dedication of the Airmen he met here. **Thanks** to all of you who took the time to showcase your part of the 509th!

Last night, I met a hero

By Maj. Mark Rasnake  
332nd Expeditionary Medical Group

BALAD AIR BASE, Iraq (AFPN) —

I met a hero last night. I did not realize it at the time, but he is the closest thing to a hero that I likely will ever meet. This is a place where the word "hero" is tossed around day in and day out, so much so that you sometimes lose sight of its true meaning. His story reminded me of it.

He was commanding a Bradley fighting vehicle that was struck with a roadside bomb, catching fire. The loading ramp jammed, trapping eight inside. The crew was forced to escape through a much smaller hatch in the top of the vehicle. All but one made it out. The medic was left behind, apparently unable to get out. Without concern for his own life, my hero went back in to the burning vehicle to retrieve his friend.

Six of his buddies came to us with severe burns. He came to us with burns over most of his body, the most severely injured of the group.

The surgeons worked for hours on his wounds and we worked for hours in the intensive care unit to stabilize him for transport. In the end, damage to his lungs made him too sick to be safely transported by plane to our hospital in Germany and then on to a burn center in San Antonio, Texas.

The ventilators we use for transport simply could not deliver the amount of oxygen he needed. If he stayed here in Iraq he would have died of his wounds.

We simply cannot care for such severe burns here. Only a handful of hospitals back in the U.S. can.

Knowing this, our air evac team loaded him into the plane for the six-hour flight to Germany. They had to deliver every breath to him during that flight by squeezing a small bag by hand. I do not know yet if he made it to Germany alive, or if he will be able to fly on to San Antonio.

Back home there is a bridge named for Sergeant Elbert Kinser. My grandfather told me the story about why the bridge was named for him. It came to my mind this morning. He was fighting alongside his buddies when the enemy threw a grenade into their ranks. Rather than attempt to run to escape the danger he threw himself on the grenade, saving the lives of his comrades. He was awarded the Medal of Honor for his gallantry, and the town named a bridge after him.

This is the story as I remember it being told to me. The details may be wrong. There is a memorial at the end of the bridge that tells Sergeant Kinser's actual story. Honestly, I do not think I have ever stopped to read it.

How many people drive across that bridge every day without ever wondering why it has its name? How many ever stop at the large parking area in

"People use the word 'hero' too much. We have cheapened it. We use it to describe football players and politicians."

front of the memorial to read the story of this man's last minutes on earth? How many of his friends are still alive to remember the story? How many grew old and had grandchildren because of his sacrifice? Did they thank him every day of their lives? The next time I cross that bridge I will stop for just a few minutes of my life to read about a man that gave all of his.

People use the word "hero" too much. We have cheapened it. We use it to describe football players

and politicians. We even use it derisively at times to describe people we think are being too eager or self-promoting. It is even thrown about too cheaply over here when people describe groups of us just doing our jobs as "American Heroes."

Most of us will serve our time here with pride without ever truly earning that title. The man I met last night deserves to be called Hero. Years from now, will his friends remember what he did last night? Will I?

I have said it before and will say it again. It is a privilege to be here taking care of these troops. Are they all heroes? They certainly are more so than any athlete back home will ever be. There is a higher standard though even here. I was honored by seeing him in person last night.



## Newsline

## CMSU offers free football tickets

Central Missouri State University offers free tickets to military ID cardholders and their family members for the CMSU vs. Pittsburg State game at 1:30 p.m. Nov. 5. Tickets will be available today in the Public Affairs office, Bldg. 509, Suite 111. The first 285 tickets given away will come with free food vouchers. For more details, call the public affairs office at 687-6123.

## CIA recruiter briefing scheduled

A Central Intelligence Agency recruiter seeking eligible transitioning DOD personnel and family members who may be interested in a unique career opportunity at 1 p.m. and 6:30 p.m. Wednesday at the Family Support Center. Reservations are required and seating is limited. For more details or to make reservation, call the FSC at 687-7132. The briefing is open to all DOD personnel, family members, and retirees who are interested in the CIA or would like to learn more about careers with the CIA.

## Thanks, from the WOSC

The Whiteman Officer's Spouse's Club would like to thank the following people for the success of the 2005 Charitable Art Auction.

- Airman Leadership School Class 06-A
- 509th Security Forces Squadron,
- Whiteman Legal Office,
- 509th Services Squadron,
- Mission's End Club Staff and
- 509th Public Affairs Office

The support of these organizations helped the WOSC raise more than \$4,000 for charitable contributions.

## WESC schedules sale

The Whiteman Enlisted Spouses Club hosts a Rummage Sale Nov. 4 at the community center from 10 a.m.-4 p.m. Baked goods will also be sold at this sale. For more details, call Kris Bailie at 563-5243.

## Environmental Council to meet

The Environmental Council meeting has been rescheduled for Nov. 10 at 1 p.m. in the Spirit conference room. Attendants will discuss the results of Whiteman's internal ESOHCAMP. For more details, call Julie Fall at 687-6402.

## Around the Air Force

## Air Force leads in 'Green Power'

AUSTIN, Texas (AFPN) — For the Air Force, winning a 2005 Green Power Leadership Award was a breeze -- literally.

Bases like Dyess Air Force Base, Texas, and Fairchild AFB, Wash. — both which receive 100 percent of their energy from wind or other renewable energy power sources — helped the Air Force earn the award Oct. 24 for its organization-wide commitment to renewable energy.

The U.S. Environmental Protection Agency, the U.S. Department of Energy and the Center for Resource Solutions sponsor the annual awards. It recognizes organizations whose actions help advance the development of the nation's green power market. In the past few years, the Air Force has become a major "green power" buyer. It is now the largest purchaser of renewable power in the federal government. During fiscal 2004, 10 Air Force bases collectively purchased more than 320 gigawatt hours of renewable energy certificates. That accounted for 41 percent of all green power purchased by the federal government.



Courtesy photo

## Ready for more

ALI AIR BASE, Iraq — Senior Master Sgt. Michael Klintworth (far left) reads the NCO creed to Staff Sgt. Monica Pubillones (far right) in front of a wall mural of former Iraqi president Saddam Hussein. Sergeant Klintworth and Sergeant Pubillones are deployed from the 509th Operations Support Squadron and are assigned to the 407th Expeditionary OSS here. Also pictured are 1st Lt. Rachael Ott, Senior Airman Alyson Church and Senior Airman Justin Sherman. Lieutenant Ott is deployed from Davis-Monthan Air Force Base, Ariz., Airman Church is from McGuire AFB, N.J., and Airman Sherman is from Ramstein AB, Germany.

## Stay happy: communicate concerns

By Tech. Sgt. Calvin Acklin

442nd Fighter Wing  
Family Support Office

Even a strong relationship may find it hard to avoid conflicts about money. One-third to one-half of all couples has occasional financial disagreements and the conflicts can become serious, causing lasting harm to the relationship.

Many couples believe a larger income would end their arguments. But, financial counselors say this is rarely true, because most couples don't fight about how much money they have; they fight about what to do with their income.

## The importance of talking about money

Many arguments occur because couples haven't clearly spelled out their expectations about spending or saving. Instead, each member of the couple simply assumes the other shares his or her views on the subject.

That is why it's important to bring feelings out in the open. For example, one spouse may want to put aside money for emergencies, while their partner believes saving for a rainy day is less important than enjoying the present. In addition, one may want to pay bills as soon as they arrive, the other may prefer to wait until the last minute. Talking frankly about differences can prevent major battles.

## Tips for avoiding financial disagreements

In addition to talking regularly, here are other steps to minimize financial disagreements.

Draw up the household budget together and review periodically. Even if one is better at managing finances, both partners need to understand where the money is going. Needless arguments can result if one partner doesn't realize the cost of children's clothes or how much the heating bill has risen in the past year.

## Keep financial papers organized.

Both need to know where bills and other financial papers are kept, such as bank statements and insurance policies. Some couples buy an accordion file, which is then divided into months for bill keeping. Filing bills promptly and going through the file weekly can ensure an important bill isn't neglected. This file can also be used to store reminders about bills paid annually or quarterly.

For example, if an insurance premium must be paid during a particular month, put a note in the appropriate slot as a reminder. Also, have a separate alphabetically organized file for storing other paperwork such as tax returns, retirement accounts and bank or investment-account statements.

## One bank account or two?

Decide on the number of bank accounts needed. When both partners have an income, many financial planners suggest having a joint savings account to provide for long-term goals, a joint checking account for paying household bills, but sep-

arate checking accounts. Each person deposits in the joint accounts proportionally to his or her income.

Yet, some couples find it simpler to have fewer accounts or to work out a different financial system. In any case, each spouse needs discretionary spending money, a small amount that he or she can spend on a "no questions asked" basis.

Financial disagreements escalate quickly when either or both partners feel they can never spend without facing an interrogation.

Work together, talk together, decide together

Make joint decisions about big purchases. It's important to talk about big financial purchases together, even if easily afforded. Talking about major purchases or investments represents the couple not only as romantic partners, but as financial partners.

Look carefully at the causes of financial disagreements. Marriage counselors say that when couples argue about money they're often arguing about something much bigger, such as their overall hopes and dreams for the relationship.

## Did you know?

- You can all the family support center at 687-7132 to ask questions about finance issues. The FSC has information to help couples get out of debt.

## Hybrid refueler truck could cut energy use

By Holly Birchfield

78th Air Base Wing Public Affairs

ROBINS AIR FORCE BASE, Ga. (AFPN) — The Air Force is looking for a way to save fuel and energy, while meeting mission needs.

The R-11 hybrid electric refueling truck is one answer.

The truck — which is undergoing a series of tests before its release later this year — is the first step in a spiral development between the Advanced Power Technology Office here and the Mack-

Volvo Corporation to incorporate hybrid electric technology for military and commercial use.

The vehicle has a 6,000 gallon aviation fuel tank. It operates with a diesel engine, an electric motor and battery pack to optimize fuel efficiency, said Mike Mead, chief of the technology office.

"One of the reasons we're going toward hybrid electric technology is to advance the capability of the warfighter, reduce maintenance costs, reduce environmental impact and reduce our depen-

dency on foreign energy sources," he said.

Robert David, an office engineer, said the congressionally funded \$1.2 million R-11 prototype uses a regenerative braking system to capture energy "bled out" during drivers' "stop and go" process which saves fuel.

Harvey Collier, a program manager said once the R-11 prototype completes its battery of tests, it will go to Charleston Air Force Base, S.C. There the technology will be demonstrated and validated for heavy-duty vehicles.





Above: Airmen 1st Class Justin Jackson, 509th Civil Engineer Squadron, competes in the hose drag competition. The contest was one of five tasks Whiteman firefighters took on during combat challenges in Indiana, Michigan and Texas. Left: Christopher Finkes, 509th CES, helps pull up a teammate on top of a five-story hydraulic tower.



# A firefighter's test of STRENGTH

## ACC selects Airmen to compete on world stage

By Melissa Klinkner  
Public Affairs

**N**ext stop: The firefighter's championship of the world. The Whiteman Air Force Base fire department is traveling to Deerfield Beach, Fla. today to participate in the World Firefighter Combat Challenge — an intense competition that seeks to encourage firefighter fitness and demonstrate firefighting rigors to local supporting citizens.

Whiteman was originally included in a small group of bases scouted and approached by Air Combat Command in an effort to find a base interested in putting together a team.

After showing ACC that Whiteman was serious about dedicating the time and effort in training military and civilian nominees both on- and off-duty, ACC dispatched a committee to evaluate the top three bases.

"Upon visiting our firefighters and seeing their sincere interest, and the extreme motivation they had in trying to win the evaluation, we were ultimately selected as the only base to form a combat challenge team in the entire ACC," said Mr. Wayne Mello, 509th Civil Engineer Squadron and fire department chief.

Whiteman's fire department then began the search for team members. They held try-outs by constructing as realistic a

course as possible. Fire department members were also asked to submit a letter stating why they desired to be a part. Once team members were chosen in May, they began the rigorous training required for this type of competition.

A combat challenge consists of five tasks created to simulate the physical demands of real world fire-fighting. While wearing full bunker gear, adding a weight of 15 pounds, and a Scott Breathing Apparatus, pairs of firefighters scale a five-story

hydraulic tower under the weight of a high-rise pack — a 42-pound hose roll.

Next, the team returns to the ground where they perform a chopping exercise by swinging a nine-pound shot mallet against the end of a steel beam. Afterward, they zigzag through a course of simulation hydrants, use a hose to spray a distance of 75 feet, and finally drag a 175-pound life-sized "victim" 100 feet to the finish line.

To prepare for such events, the team began distance running to build stamina,

strength training, plyometrics and practiced drills to increase speed and agility. Members also studied films to learn correct, efficient ways to run the course.

Following their extensive training, Whiteman's combat challenge team participated in three challenges in three different cities — each time competing against 350 individual contestants and 100 teams. Though their first year participating in the challenge, the Whiteman team earned third place in their third event held in Evansville, Ind.

They look forward to the chance to perform even better at the world competition. Chris Finkes, 509th CES, and one of the combat challenge team members said, regardless of what the team accomplishes, the challenges they have faced are being incorporated into the Whiteman fire department's everyday shift workout to improve their physical fitness and instill an attitude of teamwork.

"This is one of the best things I have ever done in my career," he said. "Not many people have had an opportunity ... to compete against some world-class athletes. It really represents the Air Force and Whiteman in a good way." Mr. Mello agreed and said, "Our team will represent the entire ACC in an outstanding manner next week. They are truly some of the best firefighters in the United States Air Force."



A Whiteman firefighter pounds a mallet into a steel beam. The Whiteman firefighters leave today to compete in the World Firefighter challenge.



Rick Stroud, 509th CES, carries a 175-pound dummy during a timed competition.

# Whiteman Spirit Award



## Tech. Sgt. Rex Fleming

509th Maintenance Operations Squadron

Tech. Sgt. Rex Fleming, 509th Maintenance Operations Squadron, received the Whiteman Spirit Award Monday from Brig. Gen. Chris Miller, 509th Bomb Wing commander.

Tech. Sgt. David Hodges, 509th Mission Support Squadron, nominated Sergeant Fleming for the award.

During the Airman Professional Enhancement Course in July, the customs and courtesies briefer reported a medical emergency and was unable to complete his briefing. Although it was a last minute request and Sergeant Fleming's leadership briefing was finished, he volunteered to stay and teach the next course as well.

"Sergeant Fleming displayed the spirit that separates Whiteman from everywhere else: Covering for each other, looking out for the good of the Airmen ... our customer, and doing what must be done to get the job accomplished," Sergeant Hodges said. "He deserves the Whiteman Spirit award because of the attitude he displayed today, and displays daily as an ambassador of the United States Air Force."

**Time on Station:** 11 years

**Time in Service:** 19 Years

**Hometown:** Tyler, Texas

**Spouse:** Deana

**Children:** Arista, 12

**Hobbies:** Golf and operating my own business.

**Goals:** To be successful at whatever I do, regardless of the situation.

**Best thing about Whiteman:** Dealing with outstanding people on a daily basis.

**Pet Peeves:** People who say they are going to commit to something and don't. People who have a don't-care attitude.

**What motivates your winning spirit?** Hoping I make a difference somewhere, somehow to someone.

**If you could change one thing about Whiteman, what would it be?** People who have a "what's in it for me attitude." We all voluntarily raised our hand and took an oath, now live up to it.

# This space is reserved for advertisements

## CHAPEL CORNER

### Catholic

**Eucharistic service** — 11:30 a.m. Tuesdays-Fridays, and 9 a.m. Sundays.

**Religious education** — 10:45 a.m. Sundays at base education center.

### Protestant

**General worship** — 11 a.m. Sundays.

**Gospel** — 1 p.m. Sundays.

**Sunday School** — 9:30 a.m. Sundays at base education center.

Additional worship opportunities are offered through various councils, organizations and activities. For more information, call 687-3652.



# Beware of the Recluse



Courtesy photo

The brown recluse spider, common to Missouri and many Midwest and southern states, has a venomous bite. The spider is typically found in cluttered areas such as, closets and basements.

By Staff Sgt. Kenneth Norris  
509th Medical Operations Squadron

Although spider bites are common in many parts of the United States, most domestic spiders are not substantially venomous to man. One best known exception is the brown recluse spider.

Brown recluse spiders are endemic in Missouri and many other Midwestern and Southern states. The spider has adapted well to living with humans, and particularly likes cluttered basements, closets, garages, and other dark areas. Contrary to popular belief, brown recluse spiders are not aggressive toward people.

“I would actually be more wary of the brown recluse than the black widow (the other most common venomous North American spider)” said Staff Sgt. Jeromy Bryington, 509th Civil Engineer Squadron Entomology office. “Because they’re sneakier.”

Sneaky they may be, but they are not aggressive attackers. Typically, the brown recluse spider only bites when threatened, such as, to avoid being crushed against human flesh. The peak time for brown recluse bites is spring to autumn with most bites occurring in the early morning hours. It is critical to become

familiar with the behaviors of spiders and to understand how to control spider populations in the home.

Tips for controlling spider populations in and around your home:

Frequent cleaning of areas where spiders like to live, such as closets, cellars, and porches.

To prevent a spider infestation, use screens, caulk, or weather stripping to seal entry ways for the spiders.

Use sticky traps (available in self-help stores) in harborage areas to determine if spiders are present.

Consider chemical control only when necessary. Products containing diazinon, pyrethrin, chloropyrifos, bendiocarb, or mixture of these insecticides are effective in controlling spider populations. Before applying insecticides, read and follow the instructions on the product labels. Follow the installation’s procedures for obtaining professional assistance when control of these spiders is necessary.

If you are bitten by a spider take the following actions:

Apply an ice pack directly to the spider bite and the surrounding area to

reduce swelling.

Use alcohol on the area to reduce swelling and as an antiseptic

In case of a severe reaction, consult a medical professional immediately.

Monitor the site for at least 3 days to ensure that it does not worsen.

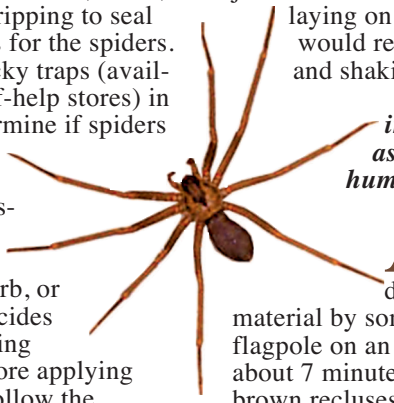
Avoiding a recluse bite can be as simple as checking household items before touching them.

Sergeant Bryington said, “A lot of it is just common sense. Anything that’s been laying on the floor even for a day I would recommend picking it up and shaking it out.”

*Two true stories depicting brown recluse spiders as non-aggressive towards humans:*

An 8th grade teacher in Oklahoma checking up on his student’s avidly collecting material by some loose bricks around a flagpole on an insect collecting trip. In about 7 minutes, 8 students collected 60 brown recluses, picking them all up with their fingers and not one kid suffered a bite.

One woman in Lenexa, Kan. collected 2,055 brown recluse spiders in 6 months in 1850s-built home. This family of 4 has been living there 8 years now and still no evidence of a bite occurring.



This space is reserved for advertisements

## Airman Maintenance

# Expression key to a successful marriage life

By Capt. Mark Taylor  
509th Medical Group

While depression, anxiety, and adjustment to Whiteman are common complaints seen in the life skills support center, relational problems are the number one difficulty discussed.

This coincides with the current United States divorce rate of more than 50 percent for first marriages, which is even higher (60 percent) for second marriages. Several factors contribute to unsuccessful marriages, and military life can certainly add unique stressors as well.

Long deployments or separations, demanding work hours, and frequent moves away from family and friends can all place additional stress on a marriage. However, research by John Gottman, author of *Why Marriages Succeed or Fail*, has isolated the key ingredients to successful and unsuccessful marriages.

Couples may differ in the amount of time spent together, the number of arguments per week, or the amount of affection displayed, but successful marriages have a healthy balance between positive and negative interactions. However, this is not a 50/50 balance.

The magic ratio is 5-to-1. In other words, couples who express or experience five positive interactions for every negative interaction have more stable relationships.

There are four patterns of interaction

that will quickly erode a marriage — criticism, contempt, defensiveness and stonewalling. Each escalates into the other and makes it more difficult to accept peace from the other person. Criticism involves attacking your partner's personality or character, rather than a specific behavior (healthy complaining).

Contempt involves intentionally insulting your partner with an attitude that you are superior and he or she is worthless, stupid, incompetent, or a fool. Defensiveness is an attempt to protect oneself while warding off an attack.

It may be displayed by denying responsibility, making excuses, meeting a complaint with an immediate complaint of your own, or continually repeating a position rather than listening to the other. And finally, stonewalling occurs when one partner becomes silent, possibly even leaving. Generally, it is the male who stonewalls, which creates significant frustration for the woman.

On the other hand, there are many ways to create positive interactions:

- Show interest through listening
- Be affectionate by holding hands
- Show you care with:
- Small gifts

### Did you know?

■ More information and resources on successful marriages are available on the website ([www.air-forceonesource.com](http://www.air-forceonesource.com).)



Photo illustration by Airman 1st Class Jackie Wilson

### ■ Notes

### ■ Phone calls

Be appreciative by giving compliments or expressing pride in your partner; show concern through conversation and apologies; be empathic by understanding your partner's feelings; be accepting of your partner's perspective, even if you disagree; joke around and have fun; share your joy and excitement when things are going well. In a nutshell, show love and respect.

There are many resources available to those who want to improve their marital relationship.

Prevention and Relationship Enhancement Program, a couple's quarterly workshop, which focuses on communication, gender differences, and problem solving. The next workshop is 9 a.m.-3:30 p.m. Nov. 4. LSSC also offers a weekly group called Recreate, as well as couple's counseling, call 687-4341 for dates and times.

Chaplains offer marital counseling and guidance for couples. Active-duty members may be eligible for civilian counseling through OneSource. To sign up or for more details about these workshops, call the LSSC at 687-4341.

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# Hey Mom, hey Dad, **LOOK** what I can do



The child development center hosted its annual open house Oct. 20 to give children a chance to show parents their daily activities in the CDC's after school program for children ages 5-12. It also shows parents the importance of afterschool programs, said CDC school age program coordinator Heather Otto. Above: Nicholas Fitzpatrick, son of Capt. Holly and Sean Fitzpatrick, puts the finishing touches on his K'nex roller coaster as Jarrod Johnson, son of Master Sgt. Randy and Staff Sgt. Robin Johnson looks on. The roller coaster, built from plastic building rods and connectors, is one of many projects children can participate in. "The children are free to express themselves and they're growing socially," Ms. Otto said. Above left: Master Sgt. Richard Wilcox, 509th Maintenance Operations Squadron, plays a game with his daughter, Autumn and son, Schylar.

## Whiteman kids host open house at youth center



Photos by Senior Airman Joe Lacdan

Airman 1st Class Mary Bryan, 509th Comptroller Squadron, plays monopoly with her children, Scarlet and Harley.



Brendan Fitzpatrick hides out in a "Shhh!" area. The "Shhh!" area is for quiet activities like reading or doing homework. The relaxed learning environment allows children to grow socially and learn in a fun environment.



Staff Sgt. Christy Erler and her daughter, Calystah, make tie-dyed shirts. Participants made shirts to promote the event's theme: "Taking steps to brighten futures."



# Generating Air Power



Photo Tech Sgt. Mat Nisotis

B-2 aircrew members race to their assigned aircraft as part of the conclusion of the Generation Exercise Thursday. Three aircraft flew sorties and a total of eight aircraft participated in the Beast Walk.



Photo Tech Sgt. Joan Anderson-Brown

Maj. Leland Bohannon, 13th Bomb Squadron, briefs pilots on current weather that will affect their mission, situation intelligence and a general recap of the Generation Exercise and a description of the missions the pilots will be executing. These briefings, which occurred daily during the exercise in the S-6 Alert Facility, allowed the pilots to respond quickly when needed.



Photo Tech Sgt. Joan Anderson-Brown

Staff Sgt. Jason Sem, 509th Aircraft Maintenance Squadron, removes the screws from the battery access panel of a B-2 during a pre-flight operations check Tuesday in support of the Generation Exercise inspection. During the exercise, the aircraft are in a constant ready state which is maintained as needed during the daily pre-flight checks.



Photo Airman 1st Class Ryan Wilson

Senior Airman Chris Sandefur, 509th Security Forces Squadron and an entry controller during the recent Generation Exercise, checks the identification card of Maj. Leland Bohannon, 13th Bomb Squadron, as he enters a secure area.



Following a response call during the Generation Exercise inspection Tuesday, B-2 pilot Capt. Matt Michaud, 393rd Bomb Squadron, races from the S-6 Alert Facility to an alert vehicle to drive to his assigned aircraft. Pilots receive calls to response based on changing political situations and the orders of the President of the United States to change posture or readiness status.

Photo by Tech. Sgt. Joan Anderson-Brown



Photo Tech Sgt. Joan Anderson-Brown

Staff Sgt. Ben Simmons, 509th Aircraft Maintenance Squadron, reviews a pre-flight operations checklist with Capt. Craig Mockler, 13th Bomb Squadron, following a daily alert briefing as they await a call to change the state of readiness or accomplish a mission.



## Team Whiteman Community

### Harvest festival set

The Chapel will be hosting an ecumenical Harvest Festival 3:30-7 p.m. Sunday at the Chapel. Activities include Bible stories and skits for kids. There will also be mazes, games, and Blue Grass music. Gospel music will be performed by the Brant family from Heartland Baptist Church. There will also be a potluck dinner that includes a roasted pig, and a "best dessert contest." For more information on the festival, call the base chapel at 687-3652.

### ALS retreat scheduled

The next Airman Leadership School sponsored Wing Retreat Ceremony begins at 4 p.m. today at the base flag pole next to Bldg. 509. The uniform is BDUs. All individuals participating in the retreat should be in place by 3:45 p.m. For more details, call Master Sgt. Darla Rush at 687-5760.

### Legal assistance available

Airmen can stop by the legal office for wills, powers of attorney and other legal documents. The legal office legal assistance hours are 8-10 a.m. Mondays and Tuesdays and 1-3 p.m. Wednesdays and Thursdays. Powers of attorney and notary service is available 7:30 a.m.-4:30 p.m. on weekdays. For more details, call the legal office at 687-6809.

## Family Support

Call 687-7132 for more details on these family support center activities. Events take place at the FSC.

### Tap program begins Tuesday

A three-day transition assistance program for people separating or retiring from the military begins at 8 a.m. Tuesday. Attendees will learn basic resume writing skills, interviewing skills, salary negotiation, and receive information on education and Veterans Administration benefits. Reservations are required.

### WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 747-2012.

### Resume workshop continues

A hands-on workshop that helps people through the resume writing process begins at 8 a.m. Wednesday. Reservations are required.

### Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend.

## Trick or treat



Photo by Staff Sgt. Neo Martin

**Master Sgt. Michelle Thorsteinson hand cand to trick-ortreaters in Bldg. 509 Thursday. The following is a list of several ways to enjoy the Halloween season at Whiteman:**

**Today-Saturday—The House of Nightmares 6:30-10 p.m. at 836 Marshall St. in base housing. For more details, visit [www.nightmares.quadratech.net](http://www.nightmares.quadratech.net)**

**Today—Fright Fest 7 p.m.- midnight at Royal Oaks Golf Course.**

**Today—The Boo Bash 5:30-7:30 p.m. at the community center.**

**Sunday—Harvest Festival 3:30-7 p.m. in the Chapel annex.**

**Monday—Trick or Treating 6-8 p.m. in base housing.**

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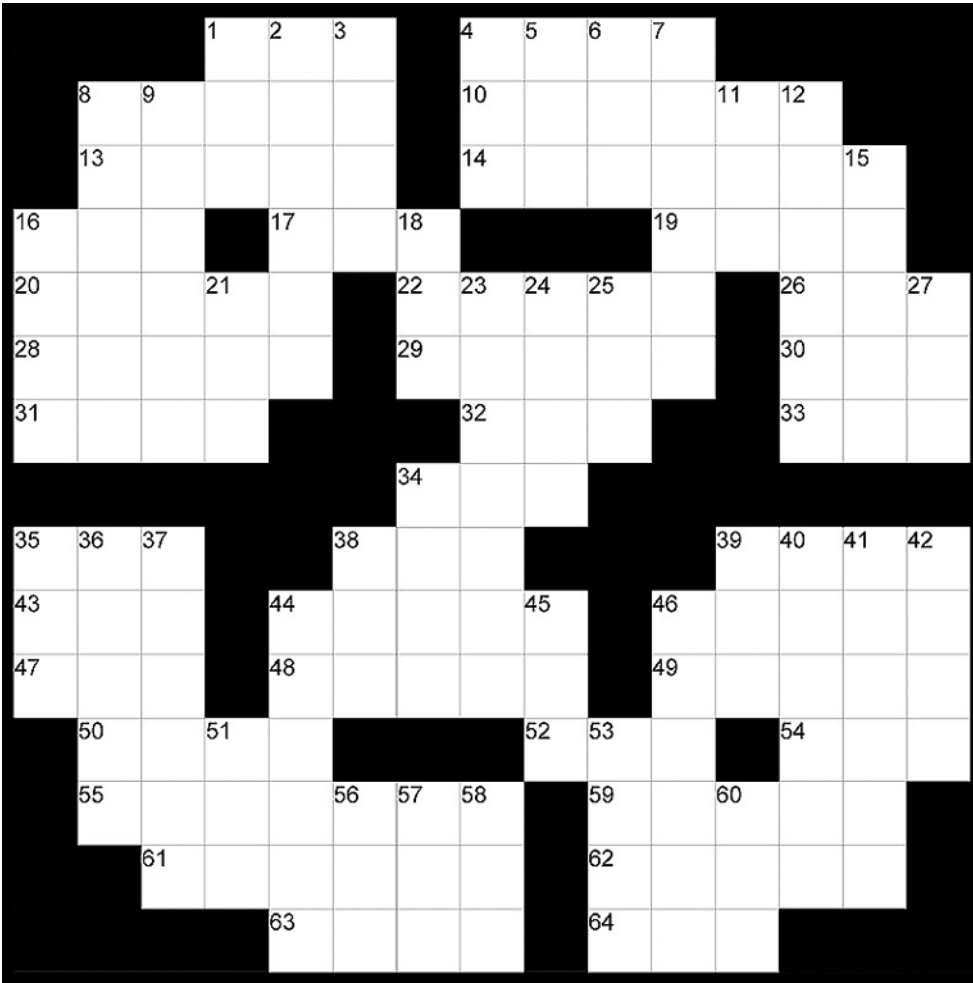
ACROSS

1. Female deer  
4. Rose  
8. Halloween query  
10. Turns  
13. Therefore  
14. Flying  
16. Rep. opponent  
17. Computer component port, in short  
19. Wife of Jacob  
20. Primate, in short  
22. Made a choice  
26. CD-\_\_\_\_; computer part  
28. Halloween goal for children  
29. Removes by force  
30. 6th sense  
31. \_\_\_\_ war that shapes peace...  
Thomas Fuller  
32. Pas' partner  
33. Space shuttle, in short  
34. Lifesaving act, in short  
35. Org. concerned with troop morale  
38. Golfer Se Ri \_\_\_\_  
39. Halloween costume part  
43. Cash machine  
44. Feeling on Halloween  
46. \_\_\_\_ Fe, N.M.  
47. Before, poetically  
48. Spy  
49. Alternative to 8 ACROSS  
50. Thrilled  
52. Pie \_\_\_\_ mode  
54. Field food  
55. Halloween character  
59. Gelatin  
61. \_\_\_\_ is believing  
62. Halloween hag  
63. Crude person  
64. Fed. cryptology org.

DOWN

1. Hubbub  
2. Dwell  
3. \_\_\_\_ out a living  
4. Nav. system  
5. \_\_\_\_ Grande  
6. Actress Mendes  
7. The War of the \_\_\_\_  
8. The Cat in \_\_\_\_  
9. King of Queens actress

11. Even  
12. Traps  
15. Halloween Haunted House denizen  
16. 701 to Cicero  
18. Saying from 15 DOWN  
21. Doctors, in short  
23. Jack-o-lantern starter



Oct. 21 answers

24. Russian ruler, once  
25. Aliens, in short  
27. Army policemen, in short  
34. Package for deployed personnel  
35. Middle East country, in short  
36. Stalk of threshed grain  
37. Greek letters  
38. Wooden dowel  
39. Scratch  
40. Languid  
41. Laundry stiffener  
42. American feminist leader Millet;  
wrote Sexual Politics  
44. F-15s  
45. Greek letter  
46. Motionless  
51. Mining target  
53. Sod  
56. Car need  
57. USN equivalent to CSAF  
58. Former USSR agency  
60. School org.

— Capt. Timothy Wickman, Alaskan  
Command Public Affairs

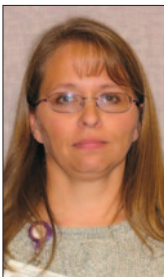
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# MedGp member wins TRICARE Award

**RANCHO CORDOVA, Calif.** — Brenda Pindilli, Contact Representative at Whiteman Air Force Base, has been recognized for her exceptional effort in support of the TRICARE Retiree Dental Program for Uniformed Services retirees and their family members.

The Federal Services division of Delta Dental of California, administrator for the TRDP, selected her to receive an Award for Excellence. The award is presented to



Pindilli

Mrs. Pindilli “in grateful recognition of her outstanding support of the TRDP” through her professional assistance with retiree activities on behalf of Uniformed Services retirees and their families at Whiteman Air Force Base.

The TRDP Award for Excellence is presented on a limited basis to installation staff who go above and beyond the call of duty in helping retirees and their families become aware of and use the TRDP. The TRDP is a

Department of Defense-sponsored voluntary dental program that provides comprehensive coverage—from checkups, cleanings and fillings to root canals, crowns, extractions and braces.

At present, more than 880,000 Uniformed Services retirees and their family members are enrolled in the program.

For information regarding the TRDP or to request an enrollment packet, visit the web site at [www.trdp.org](http://www.trdp.org), or call Delta Dental at (888) 838-8737.

## Sponsors help form newcomers’ first impressions

**By Senior Airman Stephanie Hammer**  
39th Air Base Wing

**INCIRLIK AIR BASE, Turkey (AFPN)** — Bad first impressions last a long time. That is what William Robinson tries to instill in every person assigned as a sponsor here.

Sponsors provide those impressions of the base and the arriving member’s unit, said Mr. Robinson, 39th Mission Support Squadron family support center community readiness consultant.

“The last thing we need is for a newcomer to arrive with a bad impression of his or her unit,” he said.

A bad first impression is something one Airman here had to overcome when he and his family were left at the airport.

“I was irritated,” said Tech. Sgt. Evan Schleifer, non-commissioned officer in charge of the 39th Air Base Wing anti-terrorism force protection team. “I let him (sponsor) know when we were coming in and he assured me he would be there. I had his cell phone and home phone numbers but he never answered.”

Fortunately, Sergeant Schleifer had a friend who came to his aid and helped him settle. However, that might not be the case for everyone, especially when they make an overseas move.

When a person goes to a new unit, the unit tasks one of its member to be the newcomer’s sponsor. The sponsor is the “in-the-know” person who can provide up-to-date, honest and straightforward information on a new duty station and the surrounding community.

They also provide the newcomer with enough information to assist them in making important decisions.

The first thing a sponsor should do is make contact with the newcomer, Mr. Robinson said.

“That doesn’t mean next week or next month,” he said. “It means ASAP (as soon as possible),” he said. “If at all possible, make the contact by telephone. To hear a friendly, concerned voice on the other end of a phone line makes a big difference in how (a person perceives) the upcoming move.”

The person can then follow up with an e-mail, he said.

Mr. Robinson said one of newcomer’s biggest complaints is a sponsor who does not contact them or does not provide much pertinent information.

“Every supervisor should be involved in the program and should be on top of how the sponsor is interacting with the newcomer,” Mr. Robinson said. “If the sponsor isn’t doing the job, someone should step in and make sure that individual understands the importance of the assigned duty.”

After initial contact, the sponsor’s job is to stay in touch with the incoming person until they arrive on station and are settled.

“Until the family is settled, the member will not be settled which can distract from mission accomplishment,” Mr. Robinson said.

Sergeant Schleifer said his sponsor did nothing to help him.

“I set up everything, got the sponsor package and mailbox myself, and when I arrived, I had to call a friend to get around,” the sergeant said. “It would have been nice if my sponsor would have showed up to help me out — as promised.”

Every newcomer is different and with different needs, Mr. Robinson said. But he said being a sponsor should not be a big challenge.

“It should be an interesting and unique opportunity,” he said. “I suppose one of the biggest challenges is when the sponsor is not of the same gender or marital status. Supervisors should look at these elements when assigning sponsors.

Good sponsors remember how it was arriving at a new base with lots of questions on their minds, Mr. Robinson said.

“The old adage about treating someone in the same manner as you would like to be treated is still true — provide good, honest information,” he said. “Be there when the need arises. And step away when you are not needed.”  
*(Courtesy of U.S. Air Forces in Europe News Service)*

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### Fast Fact

■ The Whiteman Family Support Center offers assistance to sponsors and packets that can be sent to new Airmen. For more details, call 687-7132



# Point of No Return

## 48-10 loss dims Falcons' bowl hopes

By John Van Winkle

U.S. Air Force Academy Public Affairs

**U.S. AIR FORCE ACADEMY, Colo. (AFP)** — Texas Christian University trampled the Falcons, 48-10.

Saturday's loss leaves the Falcons at 3-5 for the year and one clear focus for the remainder of the year.

"We got three games left in the season, and we're going to bust our butts to win them," Falcons coach Fisher DeBerry said. "I'm not going to give up on them and they're not going to give up either."

If the Falcons suffer just one more loss, this will become the fourth losing season and first back-to-back losing seasons of DeBerry's 22-year head coaching career at Air Force.

After the Oct. 22 victory, the 7-1 TCU Horned Frogs remain unbeaten in the Mountain West Conference, holding a two-game lead over the second-ranked team.

It also leaves the Falcons facing the possibility of a losing season.

"They handed us a good 'ol fashioned butt-kicking today," DeBerry said.

TCU took command of the game on the opening drive. TCU Fullback William Jackson finished off the march with a one-yard burst, giving the Horned Frogs a touchdown and the lead for the remainder of the game.

Taking the ball, the Falcons drove to the 3-yard-line before a penalty knocked the Falcons back 15 yards. An interception killed the drive. The Falcons next possession ended with a 22-yard field goal by Scott Eberle narrowing the TCU lead to four.

However, that left the Falcons offense in a situation they have faced often this season, as head coach Fisher DeBerry reminded his offense after the field goal.

"We can't keep trading field goals for touchdowns," he shouted to his offense as they hit the bench.

TCU increased its lead to 11 early in the second quarter with a tailback Robert Merrill touchdown run and an extra point by Chris Manfredini.

The Falcons narrowed the deficit to four again when their triple-option offense grounded out 77 yards and allowed quarterback Shaun Carney to drag tacklers across the goal line on a 3-yard scoring run.

Falcon penalties and missed assignments continued to hamper the Falcons defense, and TCU ended the half ahead, 27-10.



Photo by John Van Winkle

Sophomore halfback Chad Hall tries to swing wide to break out around the end. Hall carried five times for 21 yards as the Falcons lost to number 21 ranked Texas Christian University, 48-10.



Photo by 2nd Lt. John Ross

**Falcons quarterback Shaun Carney weaves his way through Texas Christian University defenders for extra yardage. TCU won, 48-10, Saturday.**

After halftime adjustments, the Falcons drove the ball to the TCU 15, before Eberle's field goal attempt went wide left.

"I felt we were still in the game at halftime," DeBerry said. "We came back and had a good drive, but we got absolutely nothing out of it."

The Horned Frogs continued to rack up points on offense, with a little help from the Falcons defense.

"We had several breakdowns on defense

when players didn't execute the defense that was called," DeBerry said. "And at times, we didn't tackle well enough to be a good football team."

TCU converted 10 of 15 third downs, which sustained many of their scoring drives.

"You're not going to win a lot of games when your opponent converts third downs that often," DeBerry said.

However, the loss cannot be solely

placed on the defense's shoulder pads, said the coach.

"We had breakdowns in all three areas of the game," DeBerry said. "I'm very disappointed our offense could not score in the second half."

TCU stifled the Falcons fullback running game, and came away with two interceptions. On special teams, TCU blocked a punt deep in Falcons territory, which led to one of the team's seven touchdowns.





Services Page editor.....Poppy Arthurton  
 509th Services Squadron.....687-7929  
 \*No federal endorsement of mentioned sponsors intended.

509th Services presents...

# FRIGHT FEST

Adult Halloween Costume Party

Friday, Oct. 28

@ Royal Oaks Golf Course

7pm-midnight

Free Food & Beverages • Haunted Trail  
Hayrides • Bonfire • Costume contest  
Great prizes! Base-wide event!

# Boo Bash

Family Halloween Carnival

Saturday, Oct. 29, @ Community Center

5:30-7:30 pm

Children/Parents enjoy Halloween Games  
Free Cookies & Punch • Face painting  
Bingo with COOL prizes!

## Sports & Recreation

### Outdoor Recreation 687-5565

#### Squadron wall climbing competition

Squadrons looking for an indoor fitness activity should sign up for the annual wall-climbing competition. Any active duty, reservist, Department of Defence civilian and retiree working on a squadron is eligible to be part of their squadron's team.

Teams should register at outdoor recreation and get climbing. The goal is to record the highest number of climbs with prizes going to anyone who achieves the mile-high standard as well as the best teams. There is no limit to the number of individuals in a squadron's team. The cost is \$5 per person. All climbers must be certified at an outdoor recreation class. Contact outdoor recreation for more details or to arrange a team certification class.

#### Hunter safety course

Stay safe this bow and gun season with a hunter safety class at outdoor recreation. People 11 and older can sign up for a two-day course and certification test which covers safety practices and exercising good judgement. This free class takes place 6-10 p.m. Nov. 4 and 8 a.m.-5 p.m. Nov. 5. Sign up by Tuesday.

### Fitness Center 687-5496

#### Yoga class

Yoga is a great way to relax, strengthen and unwind mind and body. There is a free class at 6:10 p.m. every Tuesday at the fitness center.

### Information and Tickets 687-5565

#### Entertainment coupon books

Coupon books for Kansas City and Branson, Mo., are now available from tickets and travel. Stop by their new location in the outdoor recreation facility.

## Food & Fun

### Mission's End 687-4422

#### Football frenzy

Football fans can watch all weekend at Mission's End. ESPN College football is shown Saturday 11 a.m.-6 p.m. and NFL Sunday ticket matches take place 11 a.m.-6 p.m.

### Royal Oaks 687-5573

#### Steak night

Steak night takes place 5-8 p.m. today and Saturday.

### Ozark Inn 687-5469

#### Birthday meal

Is your birthday between July and December? Enlist members and a guest can celebrate at the Ozark Inn 6-8 p.m. Nov. 8. The menu offers steak, chicken, shrimp, salad, vegetables and birthday cake. Sign up by Thursday.

## Community Activities

### Arts and Crafts Center 687-5691

#### Scrapbooking sale

The 25 percent off scrapbooking materials sale at arts and crafts ends Monday.

#### Jewelry class

A beginner jewelry class at arts and crafts begins at 7-9 p.m. Thursday. The cost is \$10 plus supplies. Sign up by Wednesday.

### Child Development Center 687-5588

#### Drop-in care

The child development center can provide drop-in child care for all ages on a space available basis for \$3 per hour.

#### Child care and program places

The Tuesday and Thursday morning developmental enrichment pre-school program has openings for 3- to 5-year-olds. There are also several openings for full-time care for 3-5 year olds. Contact the child development center for more details.

### Teen Center 687-5819

#### Friday night flicks

The theme for this month's flicks is science fiction so kick back, relax, grab the popcorn and enjoy a movie on the big screen. The film starts at 6 p.m. tonight at the teen center. The cost is \$1.

#### Movie and dinner in Sedalia

The teen center is running a trip to Sedalia's Galaxy movie theater and dinner afterwards. 6-11 p.m. Nov. 4, spots limited to 12 teens so sign up early. Cost is \$2 for transportation and extra money is needed for the movie and dinner.

### Community Center 687-5617

#### Whiteman Idol

Start practicing for a moment of stardom in Whiteman Idol. Everyone is invited to show off what makes them special, whether it is singing, dancing, a comedy routine or magic tricks. The show starts at 6 p.m. Nov. 4 at the community center. First prize is a digital camera supplied by Warrensburg Wal-Mart.\* Sign up by Tuesday.

#### Songs from the soul of service

All amateur song writers on active duty in the U.S. military are invited to submit a self-penned song in any style to the Dallas Songwriters Association for entry into a service-wide contest. Songs will be judged on lyrics, structure, emotional impact, originality and creativity, not song production standard. Songs must be submitted

## Movie Schedule

<b>Friday</b>	<b>Just like Heaven</b>	<b>7 p.m.</b>	<b>PG-13</b>
	Starring- Reese Witherspoon and Mark Ruffalo		
<b>Saturday</b>	<b>Cry Wolf</b>	<b>7 p.m.</b>	<b>PG-13</b>
	Starring- Julian Morris and Lindy Booth		
<b>Sunday</b>	<b>Roll Bounce</b>	<b>5 p.m.</b>	<b>PG-13</b>
	Starring- Bow Wow and Chi McBride		

Adults: \$3.50    Children: \$1.75  
 Movie Recording Line: 687-5110

Movies subject to change due to availability.  
 For current and future movie listings log on to  
<http://www.aafes.com/ems/conus/whiteman.htm>.

before Dec. 1, contact the community center for details.

### Youth Center 687-5586

#### Halloween carnival

The youth center halloween carnival takes place 6:30-9:30 p.m. tonight for children ages 6-9. The cost is \$8 for members and \$10 for nonmembers.

#### Glow crazy night

Kids' night out 6:30-9:30 p.m. Nov. 4 has a glow theme with black lights, neon decorations and glow toys as well as games and prizes. Sign up from Monday, cost is \$6 for members and \$8 for nonmembers.

### Family Child Care 687-1180

#### Want a profitable home-based career?

Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly ill children. The Air Force is now offering a subsidy for providers who are willing to meet these critical needs. Providers who hold a standard license are subsidized \$125 a week per qualifying child. Providers with chronic health problems are accepted.

#### Family child care orientation class

Receive training to become a family child care provider 8 a.m.-4 p.m. Nov. 14-18. Providers with chronic health problems are accepted. Pick up a registration package from the family child care office by Nov. 10.

### Library 687-6217

#### Library computing resources

The base library offers 18 public access workstations with broadband Internet access, Microsoft Office including access and Adobe Photoshop 6.0. There are also three laptop connection points, a scanner, color printer and special parent/child workstation in the children's collection.

#### Story time

Story time for pre-schoolers continues in November. Every Wednesday at 10 a.m. 3-5-year-olds can listen to a story or take part in a craft activity at the library.

### Veterinary Clinic 687-2667

#### Halloween pet safety

Halloween can be a scary experience for pets. The following are safety tips to protect your pet during the season of goblins and ghouls.

- Keep pets in a different room during trick or treat hours, strangers in scary outfits might stress animals.
- Don't leave pets in the yard on Halloween, pranksters might tease or harm pets.